

4-H CLUB OFFICER HANDBOOK

# HEALTH AND SAFETY OFFICER



# HEALTH AND SAFETY OFFICER

Congratulations! Your fellow club members have selected you to lead them through a successful 4-H year as a Health and Safety Officer. In case you have some questions about what to do, this guide will help you understand your duties. It also gives you some tips for doing the best job possible. Good luck!



## DUTIES

- Help the President and other officers plan your 4-H club's annual activities calendar.
- Serve as chairman of the Health/Safety Committee.
- Help plan the 4-H club meeting programs for the year, suggesting health-related topics.
- Provide some type of health/safety information at club meetings. This could be a scheduled guest speaker, roll call (see "Roll Call Ideas" below), demonstrations, an "ice breaker" or a recreation activity.
- Provide a news release to the club reporter on each health activity.
- Provide the club manager with any requested information.
- Arrive at least 30 minutes early to help set up for each meeting
- A complete 4-H Health and Safety Officer Handbook is available online at: <http://tx4-h.tamu.edu/publications/healthoffice.htm>



## REMINDER:

Encourage each member to plan and complete a family health activity.

### SUGGESTED HEALTH ACTIVITIES AT THE 4-H MEETING

- Work closely with the Secretary in getting members to answer the roll call by sharing a good health practice.
- Arrange for at least two oral reports or demonstrations related to health to be presented at a club meeting.
- Plan the refreshments for two of your club's 4-H meetings.
- Encourage each member to plan and complete a family health activity.
- Have your club plan and conduct a health-related community service project.
- Work with the Program Committee in planning a health program for one of your club meetings.
- Complete the Summary of *Health/Safety Related Activities* record sheet.

### ROLL CALL IDEAS

Consumers are constantly being warned about the dangers of smoking and driving while under the influence of alcohol and drugs, for example. Instead of concentrating on the negative, request that members of your club respond positively to roll call questions on topics like these:

#### Health

*Name a favorite fruit.*

*What is your favorite meal?*

*Name a food that is a good source of Vitamin C.*

*Name a healthful snack food.*

*How many times do you brush your teeth each day?*

*How many times a week do you exercise?*

*What kind of exercise do you do?*

#### Safety

*Make a safety suggestion.*

*Describe a recent accident.*

*Give a safety slogan.*

Produced by Agricultural Communications, The Texas A&M University System  
Extension publications can be found on the Web at: <http://tcebookstore.org>

Visit Texas Cooperative Extension at <http://texasextension.tamu.edu>

Educational programs conducted by Texas Cooperative Extension serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

---

Issued in furtherance of Cooperative Extension Work in Agriculture and Home Economics, Acts of Congress of May 8, 1914, as amended, and June 30, 1914, in cooperation with the United States Department of Agriculture. Edward G. Smith, Director, Texas Cooperative Extension, The Texas A&M University System.

Revision